

Supporting a Loved One Who Self-Harms: Workshop for Parents & Carers

**MONDAY 21/09/2026 7pm-8.30pm
at The Marlene Reid Centre**

Is someone you care for self-harming or you worry that they are? Not sure what you should do? Come join us to get a better understanding of what may be happening, and how you could support your loved one when they need you most.



For more information and to book go to:
<https://bit.ly/SHworkshopNWL>
call 01530 510515 or scan the QR code below

